

Maricopa County Nutrient Standards for Vending

Food Standards

At least 50% of foods served in vending machines will meet the following nutrition standards for snacks:

- Have no more than 35 percent of its calories from total fat (excluding nuts and seeds, snack mixes with nuts and seeds *must* meet the 35 percent standard) ¹
- Have no more than 10 percent of its calories from saturated fat ¹
- No added trans fat (hydrogenated oils, partially hydrogenated oils) ¹
- Have no more than 35 percent sugar and caloric sweeteners by weight (excluding fruits and vegetables without added sweeteners or fats) ²
- Have no more than 480 milligrams of sodium per serving (no more than 30 grams or 2 tablespoons) ³
- At least one item meets all criteria above and is a “good source” of dietary fiber (10% or more daily value) per serving ⁴

* Food items are to be sold in single serving packages.

* Food items meeting the nutrition standards will be sold at a price that is equivalent to or lower than the price of the remaining items within the vending machine that do not meet these nutrition standards.

* Food items meeting the nutrition standards must be placed according to the “Better Bites” Plan-o-Gram.

Beverage Standards ⁵

At least 50% of beverage offerings in vending machines may include the following:

- Water (no products with caffeine or caffeine derivatives) ²
- 100% fruit or vegetable juice with no added sweeteners
- Nonfat or 1% low-fat milk including cow, rice, almond, and soy
- Flavored nonfat or 1% low-fat milk with no more than 15 grams added sugar per 8 ounces (total sugar content not to exceed 27 grams; lactose content in 8 ounces = 12 grams)
- Sports drinks or calorie-reduced artificially sweetened beverages with no more than 50 calories per 12 ounces
- Non-caloric beverages (excluding energy drinks)
- Beverages with no more than 250 calories per container meeting the above standards

* Beverages meeting the nutrition standards will be sold at a price that is equivalent to or lower than the price of the remaining beverages within the vending machine that do not meet these nutrition standards.

* Beverages meeting the nutrition standards must be placed according to the “Better Gulps” Plan-o-Gram.

Footnotes

¹ USDA Dietary Guidelines for Americans, 2010

² Arizona Nutrition Standards, ARS 15-242, Sept 2007

³ Food and Drug Administration (FDA), 21 CFR 101.65, April 2010

⁴ FDA, 21 CFR 101.54, April 2010

⁵ Beverage standards are based on keeping added sugar content and overall calorie values low while encouraging consumption of essential nutrients such as water and key nutrients in milk such as calcium and Vitamin D. In addition, some energy drinks may contain unsafe ingredients that can negatively impact health and are therefore excluded.)